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THE

FAMILY PHYSICIAN:

BEING A

COLLECTION

OF

USEFUL FAMILY REMEDIES.

TOGETHER WITH

PLAIN and FULL DIRECTIONS for Adminiſtering them, and properly Nurſing the Sick, where the Advice of a PHYSICIAN is difficult to be procured.

ALSO

Some USEFUL OBSERVATIONS upon DIET.

AND

A Short Account of thoſe CASES in which BLEEDING and BLISTERS are really ſerviceable.

By HUGH SMITH, Apothecary.

The EIGHTH EDITION, conſiderably enlarged, and interleaved for the Benefit of the Readers own Remarks.

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ADVERTISEMENT.

THE institution of Hospitals *in this metropolis for the relief of the* Poor, *afflicted with bodily infirmities, has been, and justly too, esteemed one of the noblest of* Charities: *an* Asylum *this, to succour the distressed, when their afflictions render them incapable of labouring for their daily subsistence; where they receive every indulgence their misfortunes can require: the* Sick *being healed, the* Lame *made sound, and both again rendered fit Members of Society, oftentimes to the joy of a young family opening their mouths for bread, —the fruits of their industry. How laudable such institutions!*

From these considerations, great must be the satisfaction of the Benefactors! This is, indeed, in a very essential point, acting up to the tenets of the religion we profess, and following the example of our blessed Saviour, who went about healing the Sick, and feeding the Poor.

There are, no doubt, many thousand objects equally claiming our compassion, who, from distance of situation, are deprived of the relief. It must give infinite pleasure to every good Christian, to observe such a blessing rendered universal over this island.

Nothing is more practicable.—May we live to see some humane and public-spirited gentleman take it into consideration, and erect Hospitals *in every county in* England! *Surely no physical persons, from mercenary views, will object to it! for, if they reflect, they can be no losers in such unhappy patients being taken off their hands, who have not wherewithal to pay them for their trouble.*

It will also be the means of having more able practitioners in the country:—A valuable consequence! And, as goodness meets with its own reward, from the experience of those who are appointed to attend the sick, the Benefactors *themselves may receive a* Benefaction.

In some sea-port towns there are Hospitals, and it is with pleasure to be observed that some few counties have adopted the plan; but in the more inland parts they are greatly wanted, where the inhabitants, though the most laborious, are the most indigent; and consequently, when infirm, true objects of compassion.

Until such time as this meritorious work is become more universal, it is presumed the present design will prove acceptable to the Benevolent, *as it, in some measure, supplies the defect; at a trifling expence enabling the wealthy, either for their own amusement, or by means of a servant, in the strictest sense of the word,* to render Charity to the Needy.

PREFACE.

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PREFACE.

THE intention of the Family Phyſician is, to direct a right uſe of thoſe medicines which are neceſſary to be kept in families, whoſe diſtance from a good practitioner, or any other circumſtance, renders an immediate application in ſudden illneſſes almoſt impoſſible, and occaſions thoſe delays in trifling complaints, which oftentimes prove of very bad conſequence. It has been found by experience, for want of proper hints and directions in reſpect to the doſes of medicines, ſeveral fatal errors have been committed; either from the ignorance of perſons themſelves, or from being obliged to have recourſe, for want of better, to quack medicines, or to the advice of nurſes, and ſuch good women, whoſe greateſt ſkill extends to the making a poſſet for a ſweat, or a plaſter for a ſore ſhin.

Thoſe captains of ſhips whoſe veſſels are too ſmall to allow of carrying a ſurgeon, and gentlemen whoſe buſineſs may call them to take a long voyage in ſuch ſmall veſſels, or to travel by land through unfrequented or poor places, or thoſe who are going to ſettle in any of his Majeſty's plantations, will find a great advantage from being thus enabled, in caſes of neceſſity, to become their own phyſicians; and we often ſee that Nature, with a little aſſiſtance, will free the conſtitution from diſorders which are not too deeply rooted, or very malignant in their firſt attack. I would by no means be underſtood to pretend, that the medicines I here recommend are infallible in the reſpective diſorders they are preſcribed for. They are, for the moſt part, ſuch only as are to be found in the Diſpenſatory of the College of Phyſicians: where I have been under a neceſſity of compounding, I have attended to the practice of the principal phyſicians in town, and my own experience, in ſelecting ſuch medicines whoſe operations are the leaſt dangerous. Thus far, however, I will venture to aſſert, that, by following theſe directions, which are plain and eaſy, and written in a ſtile fitted

to the meaneſt capacity, *perſpicuity being always preferable to elegance in this kind of writing*, the patient may, by applying what is neceſſary in time, prevent thoſe ills that follow from neglect, which good nurſing and a few innocent things might at firſt remove.

Thoſe who have a knowledge in phyſic, and do not ſtand in need of my aſſiſtance, will, in the cheſts, find many uſeful medicines to be kept at hand; and may extend their practice, by giving me a catalogue of ſuch others as they would chuſe to have added.

Ladies and gentlemen, who reſide in the country, will hereby be enabled to aſſiſt their poor neighbours; which many of them, I doubt not, would take a pleaſure in doing, did they but know what to apply.

With each cheſt of medicines may be had a box of ſcales and weights; each weight marked diſtinctly, that any perſon may at once adjuſt the proper quantity for a doſe.

As many perſons may chuſe to keep by them what is proper for their own particular complaints, whom it may not ſuit to have the box complete, I think it neceſſary to mention, that any of the medicines here recommended may be had ſeparately, or as many of them as agreeable, packed up in leſſer boxes for the convenieney of carriage.

For the ſatisfaction of the public, in order that they may depend upon the medicines, I think it neceſſary to mention that ſuch compoſitions as are not made under my immediate inſpection are prepared at Apothecaries-Hall.

WEIGHTS uſed in PRESCRIPTION.

A pound	TROY, containing	Twelve ounces.
An ounce		Eight drams.
A dram		Three ſcruples.
A ſcruple		Twenty grains.

Sixteen ounces in meaſure are equal to one pint.

The

The MEDICINE CHESTS *(in Deal)* are ſeven, or eleven guineas; The MEDICINE CHESTS *(in Mahogany)* are nine or thirteen guineas; Utenſils included.

A CHEST may be purchaſed for five guineas; but as the medicines are upwards of ſixty in number, the quantity of each particular article muſt neceſſarily be ſo ſmall, that it does not completely anſwer the purpoſe, and therefore is not recommended. The ſize of the MEDICINE CHEST may be increaſed to any further price, according to the largeneſs of the family, diſtance of place, or extenſiveneſs of the plan for which it is deſigned.

SMALL CABINETS, very neatly fitted up, and convenient for travelling; complete with medicines, price eight guineas.

LARGE, ELEGANT CABINETS, forming a handſome piece of furniture for a lady's dreſſing-room at a country-houſe, complete with medicines, price twenty-five guineas.

The very loweſt prices are fixed, and no orders will be executed but for ready money.

By the Public's moſt obedient humble ſervant,

HUGH SMITH.

If the following utenſils are not wanted, their value will be deducted in the price of the Cheſt.

	l.	*s.*	*d.*
Scales and weights - - - -	0	5	0
A marble mortar and peſtle - -	0	8	0
Meaſures and funnel - - - - -	0	2	6
Knives and tile - - - - -	0	2	0
A ſpatula - - - - - -	0	1	6
Lancet - - - - - -	0	2	0
	1	1	0

INTRODUCTION.

IT has been ſuggeſted to the author, that it would be more eligible to print the Family Phyſician in a ſmall pocket-volume, the ſize of his Letters to Married Women, and indeed he had ſome thoughts of ſo printing this edition; but, upon mature deliberation, a *quarto* ſeems beſt calculated to anſwer the intention of this work.

The Family Phyſician is ſeldom or never removed from the place where the medicines are kept, which in ſome meaſure obviates the objection to a *quarto* volume: add to this the advantage of a larger margin, which enables the reader to make his own notes and obſervations; and the blank ſheets which are now interleaved will further aſſiſt the laudable deſigns of the intelligent and benevolent.

The author received the laſt hint from a perſon of faſhion, who has made a very judicious uſe of blank leaves, by inſerting the hiſtories of remarkable caſes oppoſite to the medicines which effected a cure. Such memorandums may not only prove ſerviceable to thoſe who take the trouble of making them, but may likewiſe aſſiſt others upon a future occaſion.

Experience in phyſic is the wiſeſt path to tread; and conſidering what poor crazy conſtitutions too many of the human race unhappily ſuſtain, and the various diſorders which even the moſt robuſt are liable to, no one can be too particular in remarking ſuch innocent remedies as may relieve ſlight indiſpoſitions, and conſequently prevent terrible and fatal diſeaſes.

Good

Good nurſing is a point which has either been too much neglected, or miſtaken; nevertheleſs it is of the firſt conſequence towards the cure of diſeaſes, and the preſerving of delicate and feeble conſtitutions. It is equally ſo to render advanced age eaſy and comfortable; and to preſerve helpleſs infants. To ſpeculative minds it muſt be matter of aſtoniſhment to obſerve the fatality amongſt children, which the following table of births and infant-burials, collected from the bills of mortality, preſents for their ſerious conſideration.

	Total number of births.	Burials under 5 years of age.	Burials under 2 years of age.
In 1762	15351	10659	8372
1763	15133	11163	8200
1764	16801	9699	7673
1765	16374	9948	8073
1766	16257	10197	8035
1767	15980	9489	7668
1768	16042	10670	8229
1769	16714	10061	8016
1770	17109	10121	7994
1771	17072	9447	7617
	10) 162833	10) 101454	10) 79877
	16283	10145	7987

The average upon the laſt ten years.

Thus we ſee that almoſt two thirds of the children born in this metropolis and its environs are intirely loſt to ſociety: 16283 are, upon the average, the annual births; 10145 the infant-burials; and, what deſerves particular attention, 7987 are cut off before they are two years old, which is more than three fourths of thoſe children who die under five years of age. How ardently therefore is it to be wiſhed that ſuch a fatality could be prevented! —it may be prevented.

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Is it not affecting, that ſo many beings, juſt entering into life, ſhould be ſo untimely cut off, to the detriment of ſociety, and the affliction of their weeping mothers? It is, truly, a ſubject of commiſeration, a ſcene which draws a ſilent tear from the eye of humanity, and pierces the wounded boſoms of afflicted parents.—Above three fourths of theſe little innocents fall a ſacrifice under two years old. It is well known, that the thruſh and watery gripes generally terminate their exiſtence in the early months; and if they ſurvive theſe maladies, the time of teething too frequently brings on a fatal cataſtrophe.

Could we but conquer the prejudices of the times, and aboliſh unnatural and abſurd practices; could we but reſtore that natural and ſimple method of rearing children, which the all-wiſe Giver of life has ſufficiently pointed out; did we but confine them to that nutriment which He has prepared for their firſt ſtate of exiſtence; and conſult that reaſon which He has beſtowed upon us to conduct them forwards—all would be well. But alas, indolence and luxury forbid the taſk! Nevertheleſs, to the rational few the following remarks are ſubmitted.

The thruſh and watery gripes are, in the author's opinion, artificial diſeaſes, and both of them totally occaſioned by improper food; ſuch as all kinds of pap, whether made from flour, bread, or biſcuit: they all cauſe too much fermentation in the ſtomach, and irritate their tender bowels beyond what nature can ſupport. This appears to him to be the evident cauſe of the before-mentioned complaints.

When infants are paſt this period, the danger in cutting their teeth is juſtly to be feared. This difficulty proceeds altogether from a weakneſs of conſtitution, ariſing from the ſame firſt miſtaken cauſe in point of diet: and here a train of dreadful ſymptoms preſent themſelves; the head, the ſtomach, the bowels, are all at times terribly affected; a general waſting of the body frequently enſues, and unconquerable fevers prevail, which generally terminate in convulſions and death.

To

To prevent all theſe unhappy conſequences, let us but for a moment reflect that every mother is deſigned by Nature to foſter her own child. If the breaſt is not to be obtained, cows milk is in general to be preferred * to any kind of food that can be invented, becauſe it is nearly ſimilar to that which Nature intended. But it would be ſwelling theſe pages unneceſſarily to enter further upon the management of children, as the treatiſe promiſed in the preface to the laſt edition of this work is now publiſhed under the title of LETTERS TO MARRIED WOMEN, which is intended as a companion for the ſick chamber and the nurſery.

This book is dedicated to the ladies, as a grateful tribute due to them for their tender care; an humble offering meet to be laid at the feet of thoſe, whoſe compaſſion and delicacy greatly contribute to render the misfortunes of life ſupportable, and whoſe not leaſt endearing province is, where amiable characters may be drawn, the ſick chamber and the nurſery.

It would be ungrateful in the author not to acknowledge the candour with which the public have been pleaſed to receive that little volume, although it contains ſome doctrines repugnant to the preſent opinions. With a view then to promote the happineſs and comfort of his fellow-creatures, and to preſerve helpleſs infants from their preſent almoſt certain death, he begs leave to recommend the peruſal of thoſe Letters to ſuch as are likely to have a young family; and alſo to thoſe whoſe duty may require their

* For the preſervation of children, the author has cauſed the Milk-pots, which he invented to ſupply the place of the breaſt, to be made in the Queen's ware, in order that the poor, who cannot afford to purchaſe ſilver ones, may be accommodated; and this natural method of feeding infants with milk only will, upon experiment, be found ſo much more convenient to their nurſes, that he hopes to ſee it generally adopted, whereby the lives of thouſands will annually be preſerved.

A piece of fine rag ſhould be tied looſely round the ſpout of the Milk-pot, with which the children will be equally pleaſed as with the nipple of the breaſt itſelf.

attendance

attendance in a ſick chamber, and likewiſe to invalids. They will moſt aſſuredly find their account in attending to the maxims there laid down, which are evident to common ſenſe, and the reſult of an aſſiduous attention to the duties of his profeſſion; and it may with truth be added, that they have the further ſanction of many years ſucceſsful experience.

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THE

FAMILY PHYSICIAN.

ON DIET.

WHEN the phyſician, by means of medicines, has ſubdued a diſeaſe, unleſs the patient is put upon a proper method of diet, exerciſe, &c. to prevent a relapſe, his work is oftentimes in vain. A few obſervations upon food, to enable perſons, in ſome meaſure, to judge for themſelves of the fit or unfit, will, I truſt, prove acceptable; as phyſic and good nurſing ought ever to go hand in hand. My reader will remember I am giving directions to invalids; the glutton will not be ſatisfied with my meal, neither will the epicure reliſh my diſhes. Yet I would wiſh this friendly caution to be attended to even by the vaunters of health; place not too much confidence in the ſuppoſed ſtrength of a good conſtitution, one night's debauch may too late convince you—you are miſtaken.

Firſt, with reſpect to Vegetables. Thoſe who would wiſh to live free from burning fevers, and eſcape the rage of inflammatory diſorders, particularly if their conſtitutions have been already ſhaken by ſuch complaints, cannot uſe them too plentifully; thoſe whoſe ſtomachs are weakened by diſeaſe, will find the tender vegetable diet frees them from the oppreſſive labour, that ſalted meats require to make them fit for nouriſhment: on the contrary,

where

where the conſtitution is ſubject to gouty complaints, and particularly if the ſtomach has been affected by frequent ſpaſms, ſuch perſons muſt be exceedingly cautious in the uſe of vegetables, eſpecially at the time the ſtomach is diſordered. One groſs miſtake which we lie under I cannot paſs by unnoticed; I mean the pernicious practice of eating pepper with ſuch food, and it is ſtill worſe if it be not finely powdered, which is generally the caſe; gouty perſons who plead this neceſſity, would do better to avoid vegetables; and the common argument in vindication of its ſuppoſed excellency is, that it prevents vegetables from colicking. I am well convinced, and ſpeak from experience, that it is often-times the reaſon why vegetables occaſion the colic, which might clearly be demonſtrated: but it is not my buſineſs here to enter into arguments; all that I mean, is to give ſome uſeful hints to thoſe who find it neceſſary to nurſe themſelves, and to correct ſome common errors in our method of living. Thus far I grant, if the man who has been long accuſtomed to high-ſeaſoned ſoups, rich wines, and cordial liquors, was of a ſudden to change his diet to melons and cucumbers, he would very probably feel ſome diſagreeable effects from it: but even when the appetite has been many years pampered, and the body accuſtomed to heating food; yet, by degrees, with a prudent regulation, ſtep by ſtep, the method of living may be again changed to the more wholeſome and cooling diet. This is a piece of advice well worthy of notice, for in many conſtitutional diſorders it is abſolutely neceſſary to be complied with. Do not miſtake me, I am far from thinking it needful for every one who does not boaſt a good ſtate of health to ſubmit himſelf intirely to a vegetable and milk diet; on the contrary, I am truly ſenſible that a moderate uſe of fleſh is far from being unwholeſome; nay, it is even neceſſary for ſome delicate conſtitutions, and for thoſe who uſe much exerciſe, or are required to labour. It is not the prudent uſe, but the abuſe of theſe things I mean to caution you againſt.

Of vegetables; the turnip, parſnip, potatoe, are very good; fruits, and fruit-pies, ſallads of all kinds, and pot-herbs, are wholeſome; which I would recommend to moſt perſons, and in

 a particular

a particular manner to the young and growing, and to thoſe who have craving appetites, becauſe ſuch food will prevent them eating too large a quantity of fleſh; and theſe vegetables being eaſy of digeſtion, after a full meal paſs off quickly, and leave the ſtomach more at liberty to exert its force upon that aliment which requires ſo much more time and labour to digeſt.

I come next to ſpeak of Animal-food. One general rule, which ſeldom ſhould be tranſgreſſed by the infirm, I muſt beg leave to lay down: Never eat fleſh more than once a day, and that at noon. The plain roaſt and boiled, whether butchers meat or poultry, is far preferable to made-diſhes; there is danger to be dreaded, not only from the noxious qualities of the ingredients uſed to prepare ſuch kitchen poiſons, but alſo from the quantities which are devoured of them; for theſe ſavory ſcents and taſtes ſo quicken the appetite, that people gorge themſelves, and regard not the dictates of nature, ever to be obſerved, and which, if attended to, will always inform us when the ſtomach has received a ſufficient ſupply. Animal-food, which has been any conſiderable time in ſalt, becomes hard, and requires more force to break and digeſt it, proper for nouriſhment, than weak ſtomachs are capable of exerting; conſequently, ſalted beef, pork, and ſuch-like things, are improper for children, invalids, and aged perſons. Notwithſtanding what I have ſaid, ſalt is very wholeſome to be eaten with fleſh; and, in ſome meaſure, neceſſary. The ſtimulus which ſalt gives to the coats of the ſtomach, makes them exert their power with greater force upon the food; and, of courſe, helps digeſtion:—hence, though ſalted meats are improper, it is from the effect which ſalt has upon fleſh that lies long in it; in rendering it hard, and unfit for nouriſhment; not the ſalt itſelf, that is hurtful. Broths of all kinds, which are not ſeaſoned, are wholeſome; broths contain the juices of the fleſh they are made from, which is the part proper for nouriſhment:—hence, although your made, high-ſeaſoned gravies are to be avoided, thoſe gravies which run out of fleſh upon cutting it after it is brought to table, are

 good

good and nourifhing, becaufe they are nothing more than the juices of the meat.

Fish in general are good, particularly fhell-fifh; but let us remember, that by ftewing them with high-feafoned gravies, and fuch-like arts, they, though innocent in their nature, may be rendered as formidable poifons as your ragoes, &c.—witnefs the facrifices made to health at a turtle-feaft.

Milk is a valuable food indeed! this requires little or no labour from the ftomach; it has already paffed through fuch ftrainers, as render it a kind and wholefome nourifhment. This caution I muft give, becaufe cuftom has made it almoft a general practice,—never eat milk with acid fruits—reafon tells us it is wrong: codlings and milk or cream, ftrawberries, rafberries, &c. are highly improper to be eaten together; for, by mixing thefe acid fruits with the milk, it is the moft likely method to make it curdle too haftily in the ftomach; of which every one who will give himfelf time to think muft be convinced. Almoft all the kitchen preparations of milk are wholefome, fuch as cuftards, white-pots, blamange, &c. Much indeed might be faid upon this head; but as it is treated at large in my Letters to Married Women, I fhall beg leave to refer my readers to them, efpecially thofe who are defirous of knowing the nature and properties of milk, and of underftanding its fuperior excellence. It is a nutriment the moft fimple, yet the moft perfect. It requires no labour from the digeftive faculties, yet fully poffeffes every principle of nourifhment, to give ftrength to infants, and health to the infirm. Would to God that this natural and falubrious diet was more particularly attended to! One thing, however, let me obferve; a little falt being fprinkled into milk will oftentimes prevent its curdling too haftily upon the ftomach, where it meets with an acidity, and is particularly to be recommended for children; in general, milk is beft without boiling; if it purges, it muft be boiled. You will find an excellent method of ufing it in the directions for giving falop in the Family Phyfician.

With

With reſpect to Liquids.—It would take up too much time to enter upon them here.—We are, however, too fond of acidulated liquors, eſpecially in ſick chambers. The doctrine of acids, in my opinion, has been carried to an extravagant length. I mean to caution the reader againſt too free an uſe of them; and as it is impoſſible to diſcuſs this point at preſent, let your own obſervations direct you with regard to your general plan, and abide by ſuch liquors as beſt agree with your conſtitution. I ſhall conclude this head with a few remarks upon eggs.—Eggs are a fine food for weak ſtomachs, but our method of eating them is very erroneous:—they certainly afford much nouriſhment, and that without labour to the ſtomach; but if they are heated ſo as to ſet the yolk, they will never properly digeſt. Some time ſince I attended a gentleman who was troubled with a vomiting and purging, and notwithſtanding the uſual remedies were applied, the diſorder continued very violent for ten days:—he had taken a gentle puke at the beginning of the complaint; but finding it would not ſubmit to the medicines afterwards given, it plainly appeared to me the cauſe of the diſorder was ſtill in the ſtomach, and ſo it proved; for, upon another vomit being adminiſtered, a large quantity of undigeſted egg came off his ſtomach, which, upon recollection, he remembered to have eaten two days before he was ill, a circumſtance that eſcaped his memory at the time I firſt attended him, and, upon its coming away, the diſorder left him. This remarkable inſtance led me to reflect upon the nature of eggs,—and ever after made me careful, when I recommended them, to give a ſtrict charge that they were not boiled hard; and, indeed, the method I have found moſt ſucceſsful, where patients have been much emaciated, is the following—Take a new-laid egg, and beat it in a baſon as you would do to make a pudding; then add half a glaſs of madeira, mountain, or mead, to it, and let it be thus taken, with or without a bit of bread; by this means it is rendered palatable, ſits eaſy on the ſtomach, and will ſurely turn to nouriſhment:—ſeveral patients to whom I have recommended eggs, that have not been able to

keep

keep any other nourifhment, have, in this manner, eaten one, two, and, fometimes, three eggs in a day, which for a confiderable time have been their only fupport.

From thefe hints, I think it no difficult matter for thofe who are in an indifferent ftate of health to find out a method of diet fuitable to their own conftitutions; and it is a juft obfervation, that every man at the age of forty, with refpect to himfelf, is either a fool or a phyfician.

THE

THE MEDICINES.

ASTHMATIC TINCTURE.

THIS tincture is of uſe in a difficulty of breathing, or tightneſs acroſs the breaſt, and likewiſe for ſhort coughs, particularly if brought on by cold north-eaſterly winds, which frequently affect the breaſt, ſides, and lungs: it allays the cough, opens the cheſt, and looſens the phlegm, ſo that it eaſily comes away; and alſo frees the pores of the ſkin which have been ſhut up by the winds.

It may be taken as often as occaſion requires, from thirty to ſixty or eighty drops, in a little * pectoral drink or barley water, with which you ſhould dilute plentifully, drinking it of the ſame heat as you would a diſh of tea.

ASTRINGENT ELECTARY.

NEVER be too haſty in the uſe of this electary; it is often found that a purging is the means made uſe of by Nature to carry off other complaints, or to free the body from bad humours, which might in time bring on diſorders; now, by ſtopping this wholeſome drain too ſoon, theſe bad humours may be thrown back into the blood, and produce the worſt conſequences: therefore you will

* Every medicine here referred to is digeſted alphabetically.

ſeldom

ſeldom or never err, by ſuffering the purging, if not over violent, to continue two or three days; at the end of that time, ſhould you find the patient weakened by it, or that it is really a diſorder itſelf, and not a cure for other diſorders, then you may give a doſe or two of rhubarb, and afterwards proceed to the uſe of the electary: by theſe means you will cleanſe the ſtomach and bowels, and get rid of the complaint without any farther trouble.

Fluxes, which ſea-faring perſons are ſubject to, are to be treated much in the ſame manner; but be very careful to cleanſe the bowels firſt.

Some of my friends, who have been many years accuſtomed to the ſea, recommend the purging apozem before the uſe of aſtringents: they ſay it cools the body, and carries off every thing which is diſagreeable to the bowels, better than rhubarb, or any other purge. After having cleanſed the ſtomach and bowels of the filth which occaſioned the diſorder, by the one or other of theſe means, you will find ipecacuanha, given with the aſtringent electary in very ſmall quantities, viz. from half a grain to one or two grains, of infinite ſervice; to which likewiſe a few drops of laudanum may occaſionally be added, but this ſhould be practiſed with caution, and not till the aſtringent electary has been firſt tried; and in deſperate caſes you will have the ſatisfaction to find the method here recommended will ſeldom, if ever, fail of ſucceſs.

ITS DOSE.

Above 14 years — from 2 ſcruples to 1 dram.
Between 7 and 14 — from 1 ſcruple to 2 ſcruples.
Between 3 and 7 — from 10 grains to 20 grains.

Under three years old decreaſe the quantity in proportion.

This may be given once in ſix or eight hours, or night and morning, as the caſe requires; either ſwallowed whole, or diſſolved in a little hartſhorn drink.

Remember beer ſhould be avoided; and hartſhorn drink ſupply the place of other ſmall liquors. Rice gruel is a proper food, with a little red port or a ſpoonful of brandy in it.

Should

Should this or any other of the electaries grow dry, they may be ſoftened with a little ſyrup, or a ſpoonful of white wine.

BALSAMIC ELECTARY

Is good in all tickling coughs, ſoreneſs at the breaſt, inward bruiſes, and ſuch-like complaints.

The quantity of a nutmeg may be taken, night and morning, and once or twice in the day beſides, with a large draught of pectoral drink made hot after it.

If coſtive, take a little of the opening electary, or a few ſpoonfuls of the purging apozem, as you judge moſt proper.

BARK.

The febrifuge quality of this bark, and its peculiar efficacy in curing agues * and intermittent fevers, is now univerſally known; yet a too haſty uſe of it oftentimes proves prejudicial, a remittent or continual fever being the conſequence. You will ſeldom or never err, by giving a vomit firſt, and, if the ſick be of a full habit of body, you may alſo purge with ſafety; you will act more prudently by waiting till they have had four or five ague fits before you throw in the bark, giving a ſalt of wormwood draught once in ſix or eight hours, which will make the fits more regular, and prepare the blood for the bark. You ſhould begin when the fever is gone intirely off, and give at leaſt one ounce before you expect it to return †; half a dram, two ſcruples, or a dram may be given for a doſe, as the ſtomach will bear it; the leſs you adminiſter at a time the more frequently it muſt be repeated; for, unleſs you get the whole quantity down within the time, you do nothing.

* Intermittent fevers of every kind, with regard to the intention of cure, muſt be treated in the ſame manner as agues; the cold fit being rather accidental, than eſſential to this diſeaſe.

† In low fenny countries, where the atmoſphere is moiſt and foggy, it is ſometimes neceſſary to give one ounce and a half of bark between the fits, but in general an ounce is ſufficient.

The fit being put by, a ſecond ounce ſhould be taken in the like ſmall doſes within the three following days, at the diſtance of about ſix or eight hours; the patient may now reſt ſix days, unleſs ſigns of the ague's return require the bark to be repeated ſooner, when a third ounce is to be taken in like manner, a doſe every ſix or eight hours; another week being elapſed, a fourth ounce is alſo to be adminiſtered; when you may take your leave of them, and be pretty well aſſured they will not be ſubject to a return.

The common mixture to give it in, may be made of three quarters of a pint of ſpring water, and a quarter of a pint of good French brandy, ſweetened with a bit of ſugar, a tea-cupful of which ſhould be taken with each doſe; mix the powder in a little of it, and drink the remainder after it.

If it purges, which is oftentimes the caſe, it ſhould be given in a little cinnamon tea; ſhould not that anſwer, two, three, or four drops of laudanum muſt be added to each doſe.

If, on the contrary, the bark ſhould bind, a few grains of rhubarb may be given with each doſe as long as you ſee neceſſary.

Above the age of fourteen it will require this quantity to cure the ague, under theſe years your judgment muſt direct you to decreaſe it; the manner of giving it muſt be exactly the ſame.

BARK DECOCTION.

We frequently, and with ſucceſs, for children, and thoſe of delicate conſtitutions, boil bruiſed bark a long while in water, and give the ſtrained liquor inſtead of the powder in ſubſtance; the proportion is, an ounce in two or three pints of water, till you can pour off one. This method of adminiſtering the bark is, in my opinion, always to be preferred to the powder when patients are much reduced in their ſtrength. In agues and intermittent fevers this decoction muſt be given to bear a proportion to the quantity of bark before ordered, and a tea-ſpoonful or two of brandy may be added to each doſe. This preparation will frequently

quently be referred to in the following pages; it is a moſt excellent medicine, where the intention is to brace up, and ſtrengthen the conſtitution.

BARK WINE.

SOMETIMES, when the ſeaſon is unfavourable, you may meet with caſes which do not entirely give way to this treatment; if ſo, let them continue the following a fortnight or three weeks afterwards, viz.

TAKE of bark, groſly powdered, two ounces, the yellow peel of two Seville oranges, and one nutmeg grated; pour three pints of old rough red port upon theſe ingredients; let them ſtand by a gentle fire, in a large bottle, for three or four days, ſhaking it frequently; then pour off a wine-glaſsful of the clear liquor at the time you take it, which ſhould be morning, noon, and night; when you have taken one half, another pint of wine may be added, and kept upon the ingredients till the whole is taken, at leaſt for ten days or a fortnight. A few drops of elixir of vitriol two or three times a day with the wine, or mixed in a glaſs of water, may be alſo ſerviceable in agues, and feveriſh complaints, ſuch as hectic heats, and the like.

BARLEY WATER.

TAKE two table-ſpoonfuls of pearl barley, waſh it, and boil it in half a pint of water for two or three minutes; pour away this water, which will be coloured, and add about three pints of boiling water; let it ſimmer till one pint is conſumed. This is a common and good drink in fevers, and every other complaint, when a ſoft diluting liquor is adviſeable.

COLIC MIXTURE†.

THIS mixture is warm and comfortable to the ſtomach and bowels, ſomewhat opening, proper in colic complaints, and for the wind,

† This is a medicine I can ſtrongly recommend indeed, and what no family ought to be without.—Complaints of this kind we are every day ſubject to, and

wind, particularly if after meals; it is likewiſe ſerviceable for pains in the ſtomach.

Two or three table-ſpoonfuls may be taken at a time.

But if the pain is very violent, and ſtools are much wanting, give of the purging apozem freely, or the opening electary.

If there are too many ſtools, firſt give a little rhubarb, then uſe the aſtringent electary, which ſee.

DIACHYLON PLASTER.

The uſe of this plaſter is well known in ſlight cuts, or other little accidents; it ſhould be ſpread with a warm knife upon a piece of fine rag or an old glove.

DIACHYLON WITH GUMS.

This is to be ſpread in the ſame manner as the other diachylon, and is uſed to ripen boils, and ſuch-like tumors.

DIURETIC MIXTURE.

This mixture is good in all gravelly complaints, and for the dropſy, heat of urine, pains in the loins, and ſtoppage of water. One large ſpoonful, or two upon an emergency, may be given for a doſe, every ſix or eight hours, or night and morning, as the caſe requires, mixed in half a pint of marſhmallow drink, if you can procure it, if not, barley water. But obſerve, if the pain is violent, you will do right firſt to give the purging apozem to promote ſtools, and let them drink plentifully of thin water-gruel, which will cleanſe the bowels and urinary paſſages, and greatly aſſiſt the intention of this mixture. Remember the body ſhould always be kept open; and thoſe who are ſubject to theſe

for want of a proper relief at hand, ſtrong waters and cordial drams are too often uſed. I have received ſeveral letters from thoſe I never ſaw, in praiſe of the colic mixture: the letter I have now before me, from the late Richard Weddel, Eſq; concludes with theſe words: "It is an excellent remedy, and has done me great ſervice."

complaints,

complaints, ſhould accuſtom themſelves to drink very plentifully of ſmall liquors at all times *, which will often of themſelves perform a perfect cure.

ELIXIR OF VITRIOL.

THIS is eſteemed good to ſtrengthen the ſtomach and bowels, to create an appetite and brace up the ſolids.

ITS DOSE.

Above 14 years	——	from 20 to 30 drops.
Between 7 and 14	——	from 10 to 20.
Under that age	——	from 5 to 7 or 8.

It may be given in a little water, or wine and water; but where the patient can be brought to take it, a cup of chamomile tea is preferable to any other liquid whatever.

The proper times for taking it are, in a morning faſting, an hour before dinner, and two hours after dinner.

When properly joined with the tincture of bark, it will be found to add conſiderably to the efficacy of that noble medicine.

FEVER POWDER †.

WHEN the ſkin is hot and parched, the tongue white, and other common ſigns of a fever appear, which every one is acquainted with, ſuch as thirſt, wearineſs, &c. put them to bed, and give a doſe of the fever powder every ſix or eight hours; let them drink freely

* By ſmall liquors, I would be underſtood to mean any liquor between water and twelve-ſhilling table beer.

† The fever powder is an antimonial preparation, ſimilar in its nature to that which is called JAMES's Powder, but it is prepared with ſuch care as to render it much more gentle in its operation: I frequently adminiſter it to infants without its producing any material evacuation. Should the ſtomach, however, be foul, it will cauſe ſickneſs; in that caſe give a little warm water, or chamomile tea, to cleanſe the ſtomach, and you will find the patient greatly relieved by this operation; and if the ſecond doſe ſhould either vomit or purge too much, you may decreaſe the quantity, or not adminiſter it ſo frequently.

of

of ſmall wine whey, pectoral drink, barley water, or the like ſmall liquors, to dilute the blood, and encourage a breathing ſweat; if you find them mend under this management, and the fever to diſappear in day or two, before you quit them, give a little rhubarb, or ſome other gentle medicine, to procure two or three ſtools, and after that a wine-glaſsful of the decoction of bark two or three times a day for the courſe of a week: a ſpoonful or two of the decoction will be ſufficient for children. Where there is a loſs of appetite, the ſtomach tincture may be added to the bark with great advantage. Obſerve well theſe directions, which will ſecure the patient's health, and gain you reputation.

ITS DOSE.

Above 14 years	——	from 12 to 30 grains.
Between 7 and 14	——	from 8 to 20.
Between 1 and 7	——	from 4 to 12.

Within the months as your judgment directs.

If after taking a few doſes the diſorder does not give way, unleſs you have ſome knowledge in phyſic, it will be moſt prudent, where you can have advice, to commit them to the care of ſome gentleman of the faculty, as you may conclude it is that kind of fever which will not yield to this ſimple method.

Should I attempt to deſcribe the various kinds of fevers, it would only puzzle the unſkilful; therefore the above directions are ſufficient for thoſe who ſtand in need of any aſſiſtance, to enable them frequently to render ſervice, and prevent their ever doing any injury. *The excellency of this powder is very great.*

FIT DROPS FOR CHILDREN.

THESE drops are very good againſt fits in general, for grown perſons as well as children; but they are particularly ſerviceable to the latter, more eſpecially in thoſe fits which attend the cutting their teeth.

From three to ten drops may be given for a doſe to children under twelve months old, above that age increaſe the number as you

you think fit; grown perſons may take a large tea-ſpoonful for a doſe.

They may be given in black cherry water, or any other liquor, and repeated as often as neceſſity requires.

FRYAR'S BALSAM

Is applied to freſh wounds, and is eſteemed good to ſtop bleeding; be careful not to uſe it to old ſores, as it frequently proves prejudicial.

It is given internally, from ten to ſixty drops, in a little powdered ſugar or a glaſs of water, in inward decays, bleedings or bruiſes, alſo in coughs and hoarſeneſs.

GASCOIGN'S POWDER.

The reputation of this powder, ſo long eſtabliſhed, renders it almoſt unneceſſary to ſay any thing about its efficacy; its uſe among children is very common, to correct gripings, prevent acidities, and remove little feveriſh heats; it is frequently, and with great propriety, joined with a few grains of rhubarb.

A child within the month may take from 1 to 4 grains.
Between 1 and 12 months —— from 4 to 8.
Between 1 and 5 years —— from 8 to 12.
Thoſe who are more advanced in life from 10 to 30.

It may be taken every ſix or eight hours, as you ſee neceſſary.

GARGLE for SORE THROATS.

Take half a pint of pectoral drink, or red ſage tea, two ſpoonfuls of virgin honey, and a like quantity of the beſt white wine vinegar; let the throat be gargled frequently with this, as hot as you can bear it. If the glands are much ſwelled, ſo as to render it difficult to ſwallow, and the patient is very hot and feveriſh, with a full quick pulſe, let him take the fever powder, in a ſalt of

wormwood

wormwood draught, and dilute very plentifully with pectoral drink, or the like ſmall liquors.

If, on the contrary, there is a ſmall fluttering pulſe (ſometimes rather quick) with ſpecks in the throat, and it looks diſcoloured, give wine and water with ſpice in it, red ſage tea with wine in it, and cordial beverages of every kind.

GLAUBER'S SALTS.

This ſalt is ſeldom taken alone, except by common people who cannot afford to join manna with it, which not only makes it more palatable, but prevents the roughneſs of its operation.

From ten years old its doſe is from half an ounce to one ounce, with an equal quantity of manna (ſome add a double quantity of manna) diſſolved in a little water, water gruel, or ſena tea; but the beſt form is the purging apozem, which ſee.

HARTSHORN DROPS

Are given in faintings, and eſteemed good to thin the blood; their known uſe renders a more minute detail unneceſſary.

The doſe is from ten to ſixty drops, in any liquid you pleaſe.

HARTSHORN AND GUM.

Pour three pints of water on each paper of hartſhorn and gum, let it boil till you can ſtrain off a quart, which ſhould be poured through a piece of fine rag, or a lawn ſieve; juſt before you take it from the fire, you may add a cruſt of bread and a bit of cinnamon, if agreeable; it may be ſweetened to your palate. This is the proper drink to be uſed in common for purgings, after a little rhubarb or ſomething of that kind has been given, to which may occaſionally be added a little red port, or a ſpoonful of brandy.

HEART-BURN LOZENGES.

One of them may be kept in the mouth as often as agreeable; if coſtive, a few grains of rhubarb ſhould be taken, or a little magneſia alba.

HIERA PICRA

Is a warm phyſic, good for diſorders in the ſtomach, and particularly in female complaints.

Its doſe from one table-ſpoonful to four, at bed-time or in a morning.

HYSTERIC MIXTURE.

This mixture may be taken from a tea-ſpoonful to a table-ſpoonful, which is the proper doſe for a grown perſon, in any hyſterical complaint; it ſhould be mixed with a little water, or with a cup of hyſteric and pennyroyal water, being too ſtrong to take alone *.

JAUNDICE ELECTARY.

Where the jaundice has not been preceded by the colic, nor is attended with a fever or bleedings, it is moſt likely to proceed from ſluggiſh, viſcid bile; in which caſe the cure is eaſy, and may be effected in the following manner: the ſymptoms, every one knows, are a yellowneſs of the ſkin and upon the whites of the eyes, high-coloured urine and white ſtools, an inactivity, wearineſs, oppreſſion of the ſpirits, and loſs of appetite.

Firſt give a gentle vomit of ipecacuanha, the following morning let them be purged four or five times with the purging apozem, which ſhould be repeated every fourth or fifth day; on the inter-

* The great demand for this mixture, in female and hyſterical complaints, proves it to be an excellent medicine. I have lately had the honour of a noble lady's teſtimony of its great virtues, whoſe charity adds a luſtre to her titles.

mediate days of purging give them the quantity of a nutmeg of this electary, night and morning, with a ſalt of wormwood draught after it; let them dilute plentifully with lemonade, and live upon light food. This method will quickly reſtore their colour, ſtrength and ſpirits.

IPECACUANHA

Is a gentle vomit, and may, where there is occaſion, be ſafely given to children. I am afraid it is in general rather over-doſed, whereby patients are ſometimes injured, by ſtraining more violently than their ſtomachs and conſtitutions will bear. I am convinced from experience, that a few grains will operate on many perſons far better than large doſes. The beſt way of adminiſtering it to children, and indeed to every body, is to give three, four, five, or ſix grains, mixed in a little water or chamomile tea; and, if it does not take effect in ten minutes, or a quarter of an hour, repeat the ſame quantity. This method will certainly prevent the bad conſequences ſometimes attending violent vomits, and make the operation more eaſy and pleaſant.

Let them drink thin water gruel, chamomile tea, or the like, to work it off.

For the ITCH.

An ointment made of one third part of flowers of ſulphur, and two thirds of hog's-lard, rubbed in night and morning where it appears, is a ſafe and accounted a certain cure; but if a little white hellebore is added, it is more effectual, though perhaps not ſo expeditious as mercurial preparations; but they have no place here *.

LAUDANUM.

* I have not put up any thing for the itch, and ſome other complaints that need no immediate aſſiſtance, or require more experience than the generality of my readers are acquainted with, ſuch as the ſmall-pox, meaſles, &c. in which the conſtitution

LAUDANUM.

I HAVE directed the uſe of this with the bark; a few drops may alſo be joined with the aſtringent electary, if the purging is obſtinate, and does not readily give way: it is likewiſe proper in many other caſes; but I would not have the unexperienced be too free with it, therefore ſhall ſay no more.

MAGNESIA ALBA*

Is a medicine ſtrongly recommended by many writers, particularly for young children.

It corrects acidities in the ſtomach more powerfully than chalk, oyſter-ſhells, pearls, coral, crabs-eyes, or the like teſtaceous powders; and, joined to this, it has a gentle purgative property, and is the only one of an alkaline nature at preſent made uſe of; it is alſo ſerviceable in the heart-burn.

It may be given to children from twenty grains to a dram, or even two drams in a day, a little at a time, mixed in their food; grown perſons may take it more freely.

Refer to the note on ſtomach tincture for further excellencies of this powder:—in which caſes half a dram or a dram is the doſe,

tion and ſymptoms muſt vary the practice. Particular medicines in theſe complaints, ſetting aſide the almoſt impoſſibility of giving clear directions, would ſwell the box too large, and anſwer little or no end; my greateſt care through the whole being to prevent miſchief in improperly adminiſtering medicines, and I ſhould be fearful in theſe caſes the bold unſkilful practitioner might oftentimes be puzzled, to the detriment of his patient; and thoſe who are capable of rendering ſervice, will find medicines in the box to anſwer their intention in moſt diſorders.

* This medicine ſeems well calculated for diſorders in the ſtomach, and, from my own experience, I can atteſt it is a valuable one, if genuine; and think it my duty to caution the public where they buy it, for there are many notorious abuſes practiſed, to enable the venders to ſell this, and many other compoſitions, cheap: —very often chalk is mixed with the magneſia; ſome prepare it from alum, which affords a large quantity of white earth, but of a very different nature; and too frequently lime is waſhed until it becomes inſipid, and ſold for magneſia alba.

mixed in water, ginger tea, wine and water, or the like, the firſt thing in the morning, and the laſt thing at bed-time.

M A N N A

Is a gentle purge, which affects only the ſtomach and bowels; it is in much eſteem for children, and given from one or two drams to one ounce; grown perſons may take one ounce and a half or two ounces, without ſtirring them, for which reaſon it is quickened with Glauber's ſalts,—which ſee.

MARSHMALLOW DRINK.

Take a quarter of a pound of marſhallow roots waſhed very clean, and boil them in three quarts of water until one is conſumed, remove it from the fire, and, when cold, decant off the liquor; if you do not think the thickneſs diſagreeable, it will be more efficacious by preſſing the roots; it may be ſweetened with virgin honey. This may be drank at pleaſure, and is recommended in all caſes were a ſoft lubricating regimen is proper; it is much eſteemed for the gravel and heat of urine.

NERVOUS TINCTURE.

Nervous complaints are too common in England to need a particular deſcription; in all kinds of them this tincture is very ſerviceable; it is likewiſe proper in lowneſs of ſpirits, faintings, and hyſterical caſes, giving ſtrength and chearfulneſs, and raiſing the depreſſed ſpirits. The doſe is from one to two tea-ſpoonfuls, two or three times a day, in a glaſs of wine and water, or valerian tea.

OIL of ROSES.

This is an excellent outward remedy for all parts in a ſtate of inflammation, eſpecially when attended with great pain; in which caſe it is alſo proper to refer to *Bleeding*, and the purging apozem.

The

The method of applying it, is, by rubbing it in with a warm hand.

OILY EMULSION.

Take four large ſpoonfuls of oil of almonds, half a pint of cold barley water, two drams of fine ſugar in powder, and ſixty drops of ſpirit of hartſhorn; ſhake them well together, and the whole immediately becomes a white emulſion; two ſpoonfuls of cinnamon water being added, will make it very palatable.

It is good in ſtitches and pleuritic pains in the ſide and breaſt, hoarſeneſs, coughs, &c.

A tea-cupful may be taken frequently.

If theſe complaints are attended with a feveriſh heat, a doſe of the fever powder ſhould be taken at bed-time, with a little whey. Where there is no fever, twenty drops of laudanum may be added to the emulſion.

OPENING ELECTARY.

This electary gently relaxes the belly, without cauſing ſickneſs or gripings, which quick purges are apt to do.

When intended only to open the body, for a grown perſon, the doſe is the quantity of a nutmeg at bed-time; if deſigned to purge more briſkly, repeat the doſe in the morning.

It may be given to children in a proportionably leſs degree, and proves a good phyſic, particularly where they are troubled with phlegm.

If more agreeable in a liquid form, you may diſſolve it in a ſmall quantity of any weak drink.

OPODELDOC

Is very ſerviceable in bruiſes or ſtrains; it ſhould be rubbed in with the warm hand three or four times a day.

PALSY DROPS.

In all caſes where a heavineſs hangs upon the ſpirits, with a drowſineſs, dizzineſs, or ſwimming of the head, theſe drops are

equally ſerviceable as in the palſy; all theſe complaints proceeding from the ſame bad diſpoſition of the blood.

The doſe is from one to two tea-ſpoonfuls, two or three times a day, in a glaſs of wine and water, or valerian tea.

PARALYTIC OR PALSY-LINIMENT.

THIS liniment is good in all paralytic complaints, likewiſe where a ſtiffneſs and numbneſs remain after the rheumatiſm: it will remove thoſe acute rheumatic pains which ſeize the limbs on taking cold, and oftentimes proves a cure for the ſciatica or hip gout: its warm ſtimulating quality puts the part rubbed with it into a glow, frees the pores of the ſkin, and, by quickening the circulation, removes thoſe obſtructions which were the cauſe of pain.

It ſhould be applied, night and morning, with a warm hand, if before the fire the better, and the part afterwards covered with a piece of warm flannel; where the diſorder does not give way, let the palſy drops be taken alſo.

PARLIAMENT LOZENGES.

FOR COUGHS, eſpecially when there is an huſkineſs or tickling in the throat. I have lately introduced them into my private practice with great ſucceſs. They are totally different from all other preparations for this purpoſe: the generality of theſe compoſitions occaſion thirſt; theſe, on the contrary, abate the irritation in the throat, and are calculated to prevent inflammation. They may be taken at pleaſure. They are called parliament lozenges, from their reſembling, in taſte, parliament ginger-bread.

PECTORAL DRINK.

TAKE two table-ſpoonfuls of pearl barley, boil it two or three minutes in half a pint of water, pour away that water, and add a quart

quart and half a pint of freſh water to the barley; let it boil ten minutes; then add twenty ſtoned raiſins, and one fig cut into ſlices, alſo a bit of ſtick liquorice as long as your finger; let theſe boil together a few minutes, and ſtrain off a quart of the pectoral drink.

This is an agreeable ſoft liquor, good in any caſe where the intention is to dilute; but more eſpecially in coughs, colds, oppreſſions of the breaſt, and ſuch like complaints.

PILE ELECTARY.

Take the quantity of a nutmeg of this electary night and morning, ſo as to keep the body gently open; avoid pepper and all heating things; little or no wine ſhould be drank, and your food muſt be of the lighter and vegetable kind.

PILE LINIMENT.

If the piles are external, apply a little of this liniment upon a piece of fine rag very frequently, which will cool the part, and procure eaſe. Sitting over the ſteam of warm water is oftentimes ſerviceable, eſpecially if an handful or two of marſhmallow leaves and a little bran be added.

POWDER for SWEATS.

I need not point out the particular circumſtances in which this is neceſſary, every one being ſenſible how much it is of ſervice in colds, achs, and pains in the bones, and the like complaints.

ITS DOSE.

Above the age of 14 —— from 20 to 30 grains.
Between 7 and 14 years —— from 10 to 20.

Under ſeven years old decreaſe the quantity as your judgment directs; let it be taken at bed-time, with a large draught of white wine whey, or ſomething of that kind, and, if very hard to ſweat, twenty

twenty or thirty drops of ſpirits of hartſhorn or ſal volatile in it; but obſerve, if there is any fever, the fever powder is moſt proper.

PURGING APOZEM.

Pour a pint of boiling water upon one ounce of Glauber's ſalts, one ounce of manna, and one dram of bruiſed caraway ſeeds; ſtir them a little to diſſolve the manna and ſalts; cover the veſſel, and let it ſtand to cool; you may, if you pleaſe, add a little ſlice of Seville orange-peel to the above.

This is the beſt method, I know, of diſguiſing the ſalts, and making them ſit eaſy upon the ſtomach.

Of the ſtrained liquor a draught may be taken in the morning, and repeated once in half an hour or an hour, as the ſtomach will bear it, till it purges ſufficiently. The age of the perſon muſt be conſidered; and, as you know the ſtrength of the apozem, it will be eaſy to adjuſt the doſe.

If intended only to relax the body, a few ſpoonfuls taken at bed-time, or in the morning, will have the deſired effect.

A leſs quantity may at any time be prepared as you find occaſion for it.

QUICK PURGING POWDER.

In many caſes, ſuch as dropſical and groſs habits of body, or foulneſs of ſtomach (when a vomit is ſometimes previouſly to be taken) and for perſons of ſtrong conſtitutions, who live much upon a fleſh diet and ſalt proviſions, where you think manna and ſalts are not powerful enough; and even to younger perſons whom you want to purge very briſkly, this purging powder is recommended, and may be given in a little of any liquor.

ITS DOSE.

Above the age of 14	——	from 25 grains to 2 ſcruples.
Between 7 and 14	——	from 15 grains to half a dram.
Between 3 and 7	——	from 6 grains to 1 ſcruple.

RHEUMATIC

RHEUMATIC POWDER.

This powder may be given night and morning, from one to two ſcruples, with twenty or thirty drops of ſal volatile, in white wine whey, ſage tea, * buck-bean tea, or any ſmall liquor.

The doſe ſhould be increaſed or diminiſhed, ſo as to keep the body open; if the pains are very violent, and the pores of the ſkin ſhut up by preceding colds, let the paralytic liniment be uſed.

RHUBARB POWDER.

All phyſicians agree in the excellency of this root; it is a good purge in many complaints, and ſtrengthens the ſtomach and bowels; it is particularly recommended for children, more eſpecially for the worms, as it frequently purges off thoſe crudities in which they breed.

ITS DOSE.

Above 14 years	——	from 15 to 30 grains.
Between 7 and 14	——	from 10 to 20 grains.
Between 1 and 7	——	from 5 to 15 grains.
Within the months	——	from 1 to 5 grains.

* I muſt not omit noticing an egregious and common error in making theſe herb teas for a ſick perſon, that is, the putting ſuch a large quantity of leaves and ſtalks into a pot, and letting water ſtand upon it three or four hours, which is the general method uſed by nurſes and attendants: it not only makes the drink nauſeous, but, in many inflammatory caſes, it proves very prejudicial; for, inſtead of being the cooling draught which is adviſeable, it is become ſo hot by the pungency of the herbs, that it abſolutely adds fuel to the fire. Put from 10 to 20 leaves, according to the ſtrength of the different herbs, into a pot, and pour upon them a quart of boiling water; after ſtanding three or four minutes (juſt as you manage your green tea) pour it out into a baſon to cool; by this means you have the fine flavour of the plant, and, I am convinced, many perſons will find herbs which our own climate produces, ſuch as ſage, mint, balm, ground-ivy, &c. thus properly managed, produce a more grateful liquor than that tea ſo commonly uſed in England, and for which we pay ſo extravagant a price.

RUM CAUDLE.

This is made by adding a wine-glafsful of rum to a pint of thin water-gruel, with fome fpice boiled in the gruel; to which a little nutmeg and fugar may likewife be added.

Genuine Rum thus ufed is an excellent medicine. As a pure fpirit, it poffeffes all the qualities of a cordial, and that too fo foftened by its natural effential oil, as kindly to promote both urine and perfpiration; confequently, in colds and feverifh complaints, it is juftly to be preferred to whey, and a little experience will convince the public of its great utility in a fick chamber.

SALOP

Is of late years brought into much efteem in England; it is of a reftorative and ftrengthening quality *; many ladies, whom I have had the honour to recommend it to, of tender conftitutions, where tea has been found to prey over-much upon a weak ftomach, and where more nourifhment has been neceffary than they received from their ordinary food, eat it in a morning for breakfaft; and I muft confefs it would much pleafe me to fee it more univerfally received, particularly by thofe who are fubject to nervous complaints, being in its own nature very ftrengthening, eafy of digeftion, and, in the manner here recommended, affords a great deal of nourifhment in an impoverifhed ftate of blood; therefore the propereft food that can be received after a fevere fit of ficknefs, whereby the patient is much weakened.

The common way of preparing it is with water, and a glafs of wine added to it, but the method I think far preferable is this:

* Salop, like moft other things for which there is a large demand, to enable the trader to fell cheap, is very frequently much adulterated. I am afraid the greateft part of what is commonly fold for powder of falop, will be found to have in it a confiderable quantity of ftarch and gum arabic, which ought to put perfons upon their guard where they purchafe it; for, although the virtues of the true are undeniable, the adulterated muft fall fhort of its excellency, and the falfe in appearance, if artfully managed, will deceive very good judges.

Boil half a pint of milk with as much water; while it is in a boiling ſtate, let two tea-ſpoonfuls of the powder of ſalop, firſt mixed in a baſon with a ſpoonful or two of cold water, be thrown into it; after it has ſimmered a minute or two, ſtirring it the while, you will find the whole of a ſmooth creamy conſiſtence; a bit of ſugar, and a little nutmeg may be added to make it palatable. Thoſe whom milk is apt to render coſtive, ſhould mix the ſalop with the water alone as above directed, and add the milk to it after it is taken from the fire.

We all know how ſerviceable a milk diet is in many caſes; by this method it will agree with them, upon whoſe ſtomachs it otherwiſe turns ſour and too haſtily curdles.

SALT OF WORMWOOD DRAUGHT.

TAKE a ſcruple of ſalt of wormwood, pour upon it by little and little freſh lemon-juice, till it has done fermenting and taſtes quite inſipid; about one large ſpoonful is ſufficient; then add a little fine ſugar to make it palatable; about a wine-glaſs of ſpring or barley water, and a pap-ſpoonful of cinnamon water, makes a moſt pleaſant draught.

Above the age of fourteen, it may be given once in ſix or eight hours, in any little feveriſh complaints, ſickneſs at ſtomach, watchings, parched dryneſs of the mouth, and ſuch-like ills, and is often of ſervice with the fever powder. From ſeven to fourteen years, half a draught is ſufficient; under that age ſtill decreaſe the quantity.

When the fever powder increaſes any of the evacuations over much, give the powder only once or twice in the twenty-four hours, and the ſalt of wormwood draught every ſix hours; in this caſe four or five drops of laudanum may with propriety be added to the draught, eſpecially if the patient complains of pain or ſickneſs.

SAL VOLATILE.

The uſe of theſe drops is ſo common and well known for raiſing the ſpirits, that I need only take notice of its doſe, which is from ten to ſixty drops, in a glaſs of water, or what you pleaſe.

*SCORBUTIC ELIXIR.

This preparation is, in an eſpecial manner, devoted to the relief of ſcorbutic diſorders. It is of a ſcouring nature, breaks and divides all obſtructions of the glands proceeding from a more than ordinary thickneſs of the blood, and, by reſtoring the maſs to a due ſtate of fluidity, prevents thoſe feveriſh indiſpoſitions which naturally ariſe from any hindrance in the neceſſary ſecretions, ſuch as urine, ſtool, &c. It is a great promoter of urine, and a great quickener of the motions of the fluids; it may be likewiſe ſerviceable in an unweildy habit from ſluggiſh humours, and help to throw off a dropſy. From fifteen drops to two tea-ſpoonfuls may be taken two or three times a day, in a draught of ſage tea, ſpring water, orange-peel tea †, made agreeably ſweet, or any other liquor, and continued for ſome months.

SENA TEA.

The uſual method of preparing this, is, by putting as much of the ſena leaves as your thumb and two fingers will contain into a

* This preparation is the acid of the ſea ſalt, reduced into a convenient form to be carried into remote parts; the purgative quality of the ſea water is, in a great meaſure, taken away; ſo that it remains longer in the body, and, conſequently, takes a greater effect upon the blood;—and many whoſe ſtomachs will not bear ſea water, will find this an agreeable palatable liquor,—if they do not make it too acid;—and for ſcorbutical eruptions a valuable preſent: but gouty patients muſt not be too free with it.

† Orange-peel tea is made by pouring boiling water upon the yellow rind of a Seville orange in the manner of other teas, and is an agreeable liquor to take drops or powders of any kind in.

tea-pot,

tea-pot, and pouring upon it a gill of boiling water; when cold, pour out the liquor, which will be ſtrong enough to give a grown perſon a ſtool or two.

A little manna and ſalts may be diſſolved in this ſena tea, which makes it operate briſker.

SHAM ASSES MILK.

Boil two ounces of hartſhorn ſhavings in two quarts of water, to one quart. At the time you uſe it add one third part, or one half, of milk. This is preferable to all other receipts for this purpoſe, becauſe it is more ſtrengthening, and not ill-flavoured.

It is a good nouriſhment for children and invalids, and much to be recommended after long fevers. Where milk is not proper, a little wine, or a ſpoonful of rum or brandy, may be added to it; and it is then an excellent drink to be uſed in a ſick chamber.

SNUFF FOR THE HEAD-ACH.

THIS ſnuff may be ſafely uſed in all complaints of the head. It is prepared from herbs which have a peculiar efficacy in thoſe caſes, as is manifeſt from the infinite ſervice received from it, in old and ſettled pains of the head.

It may be taken as freely as you pleaſe.

SPERMA CETI BOLUS.

TAKE of ſperma ceti one ſcruple, of powder for ſweats ten grains, make theſe into a bolus with a ſufficient quantity of ſyrup, to be taken once in ſix or eight hours,—with a little penny-royal and hyſteric water, in lying-in caſes and miſcarriages; in either of which, where the pains are violent, you may add three, four, or five drops of laudanum to each bolus; remember alſo to prevent coſtiveneſs, either by gentle clyſters, a little ſena tea, or ſome other mild purgative. If the after-pains are very ſevere, you may increaſe the doſe of laudanum, eſpecially at bed-time, or immediately after the delivery.

SPERMA CETI EMULSION.

Take two drams of the powder of ſperma ceti, rub it in a marble mortar, with a quarter part of the yolk of one egg, till it is a ſmooth pulp; then add two drams of fine ſugar in powder, mix them well together, and by little and little pour on half a pint of cold barley water; ſtrain it through a fine hair or coarſe lawn ſieve, which will keep back the undiſſolved part of the ſperma ceti, and render the emulſion ſmooth and even; to the whole you may add two ſpoonfuls of cinnamon water, and from ten to twenty drops of laudanum.

A wine-glaſs may be taken as often as agreeable, in coughs and hoarſeneſs, likewiſe when troubled with phlegm, or any of the like complaints; a ſpoonful may be given to children in the hooping cough, when, if they are feveriſh, you ſhould join a little fever powder with it, and purge them with rhubarb or the quick purging powder once in four or five days; you may likewiſe give the ſtomach tincture between breakfaſt and dinner, and between dinner and ſupper: gentle vomits are oftentimes alſo ſerviceable in the hooping cough. And after proper evacuations have been uſed, if the fever intermits, the decoction of bark three times in the day, with a drop or two of laudanum in each doſe, will perform a perfect cure. Theſe remarks are worthy attention.

SPERMA CETI and SUGAR-CANDY.

This may be taken at pleaſure, when troubled with a cough or hoarſeneſs, difficulty of breathing, or with phlegm; it is often of ſome ſervice, and ſo innocent, it can do no harm even to young children.

SPIRIT of LAVENDER

Is uſed in lowneſs of ſpirits as a cordial; it is alſo given in faintings and pains in the head; and may be taken frequently, from ten to ſixty drops, on a lump of ſugar, in wine and water, or any other liquor.

STEEL

STEEL ELECTARY.

In female obſtructions this electary may be given from half a dram to one dram, night and morning, in the form of a bolus, or made into pills, as is moſt agreeable, drinking a cup of cold chamomile-flower tea, or a little penny-royal and hyſteric water; if you have reaſon to think phyſic is proper, give a doſe of hiera picra; at bed-time, let the feet be bathed in warm water for ten minutes, then wipe them very dry, and, if the weather is cold, wrap them up in a piece of flannel. This is an excellent medicine for the green ſickneſs, and for young girls, at a certain period, when they are approaching towards the age of women.

* STOMACH TINCTURE.

This tincture is highly proper in a weakneſs of ſtomach, loſs of appetite, or bad digeſtion; as a bitter, it frequently contributes to the deſtroying of worms; and not only excites the ſenſe of hunger, but, by its warm aromatic property, at the ſame time that it gives a grateful ſenſation, ſtrengthens the coats of the ſtomach, which by any cauſe may have been weakened, and renders it more able to break and digeſt the food taken in for the nouriſhment of the body.

The doſe for a grown perſon is from one to two tea-ſpoonfuls, an hour before dinner, and three hours after dinner, in a glaſs of

* I cannot paſs by this tincture without giving that praiſe which is juſtly due to it.—In weak ſtomachs, whether from intemperance or conſtitutional, it is equally efficacious; when there is alſo an acidity in the ſtomach, or the patient be of a coſtive habit of body, a doſe of the magneſia ſhould be taken likewiſe, once or twice a day.—I ſpeak with the certainty of ſucceſs, when I declare, that this regimen, purſued for a month or two, will remove complaints in the ſtomach that have been of long ſtanding, and thought incurable. And in hectic and intermittent fevers, attended with loſs of appetite, after proper evacuations have been uſed, it is a ſovereign remedy, when joined with the decoction of bark.

water;

water; thoſe who are accuſtomed to drink wine, may add an equal quantity to the water.

When given to children for the worms, it ſhould be taken the firſt thing in the morning, and laſt at bed-time, in a little water or chamomile-flower tea, or decoction of bark.

A child of ſeven years old may take a tea-ſpoonful for a doſe; under that age decreaſe the quantity as your judgment directs.

If you have reaſon to imagine the ſtomach is foul, let a gentle puke of ipecacuanha be taken before the uſe of this tincture.

If inclined to be coſtive, now and then at bed-time take a doſe of the opening electary, or a few grains of rhubarb.

STRENGTHENING PLASTER.

A PIECE of this plaſter may be applied in any wrench or ſtrain, weakneſs of the loins, or other parts.

TO MAKE A SYRUP.

DISSOLVE a pound of ſugar in half a pint of water, over a gentle fire, in an earthen pipkin; let it ſimmer one minute or two, take off the ſcum, and preſerve the ſyrup, which is proper to ſoften the electaries when they grow dry, to make up pills or boluſes, and to give children their powders in.

TINCTURE OF BARK.

THIS is ſerviceable in many complaints, ſuch as weak and relaxed habits of body, fluſhings and hectic heats; it checks profuſe ſweats, and braces up the ſolids; it is highly proper in all kinds of bleedings, but more efficacious when joined with a fourth part of elixir of vitriol.

It

It may be given on any emergency; when taken for a conſtancy, the proper hours are the ſame as for elixir of vitriol, which ſee.

The doſe is from one or two tea-ſpoonfuls to a table-ſpoonful, in any liquor.

TOOTH POWDER FOR THE SCURVY IN THE GUMS.

This powder cleanſes and preſerves the teeth and gums, takes off ſcales and all kind of filth without injuring the enamel, which gritty powders are apt to do.

It ſhould be uſed with a piece of ſpunge or a very ſoft bruſh, every thing which is hard or rough being prejudicial, as they deſtroy the enamel, when the teeth muſt neceſſarily decay *.

All compoſitions which have gums in them, ſuch as myrrh, and the like, are, in my opinion, very pernicious, as they tend to ſtop up the glands by which the ſpittle comes into the mouth, and thereby occaſion the breath to become offenſive, which is alſo the fore-runner of the ſcurvy.

TURNER'S CERATE

Is commonly uſed for burns, cuts, ſcalds, bruiſes, chilblains, and other little complaints where the ſkin is worn off, and is ſo well known I need not be more particular.

* This is a piece of advice worthy the attention of my readers, particularly the fair ones, who frequently deſtroy their teeth by uſing bole armoniac, ſcuttle-bone, and many other gritty powders, which rub off the poliſh:—thoſe of a very acid nature are alſo hurtful, as their frequent uſe certainly deſtroys the enamel.—The tooth powder here mentioned, I will ſtake my credit, is prepared with every caution laid down, and I am ſtrenuous in recommending it to the world; for, in however trifling a light Stoicks may hold a powder for preſerving the teeth, every man, who has ſenſibility enough to be pleaſed with a fine face, muſt thank me for endeavouring to preſerve ſo material a part of female beauty.

VALERIAN ROOT

Is, of late years, come into great eſteem in all nervous diſorders; of the bruiſed root they make a tea in the ſame manner as ſena tea, and drink it three or four times a day, which is a proper thing to take the nervous tincture in, being of itſelf, I am afraid, not effectual, as the quantity of the root given in this manner, or in the tincture prepared from it, is too trifling to have any great dependence upon.

VALERIAN ROOT IN POWDER.

If you intend to reap benefit from it, you muſt take it in pretty large quantities. It is uſually given from half a dram to one dram, in a little liquor of any kind, and ſhould be repeated once in ſix or eight hours.

YELLOW BASILICON

Is made uſe of in caſes which require more diſcharge than the Turner's cerate will promote, but in a great meaſure applied for the ſame intention.

WORM POWDER.

This powder ſhould be taken the very firſt thing early in the morning, and the laſt at bed-time, at leaſt one hour after ſupper, mixed in a little honey, currant jelly, treacle, or ſomewhat of the like nature; and where it is not a ſpoiled child, let a tea-ſpoonful of the ſtomach tincture be taken in a little chamomile tea, or decoction of bark, an hour or two before, and after dinner. This powder will keep them open; nevertheleſs, in moſt caſes, you ſhould purge once in four or five days: for very young children rhubarb is proper; ſhould that not prove ſtrong enough,

enough, the quick purging powder may be given; but where they are older, and will take it, cleanſe their bowels with the purging apozem. Calomel given in ſmall doſes, two or three times in a week, is an excellent vermifuge, but that requires too much judgment for the *unexperienced* to adminiſter it; and this powder will generally deſtroy worms without the aſſiſtance of mercurial preparations, which, however praiſe-worthy, ſhould never be given without proper advice.

ITS DOSE.

Above 14 years	——	from 25 grains to 2 ſcruples.
Between 7 and 14	——	from 1 ſcruple to half a dram.
Between 3 and 7	——	from 12 grains to 1 ſcruple.
Between 1 and 3	——	from 6 to 12 grains.

ON BLEEDING.

I RATHER chuſe to mention the complaints in which bleeding is recommended under this general head, than with the medicines for the reſpective diſorders, becauſe it may naturally be ſuppoſed that aſſiſtance cannot always be procured; for which reaſon, directing to bleed before the uſe of the medicines, in caſes where it might prove ſerviceable, may be a means of preventing the adminiſtering thoſe remedies, which, taken in time, will frequently alone remove the complaints. Beſides, I would not wiſh the unſkilful to be too free with the lancet, as an injudicious evacuation of blood may be ſucceeded with very bad conſequences. My intention through the whole, as I obſerved in the preface, being no other than to ſupply families with a few uſeful remedies for ſlight indiſpoſitions, by which they may frequently prevent tedious illneſſes,—not to put the unexperienced upon trifling with themſelves, or wantonly ſporting with human blood, when patients are really ill, and can have proper advice.

The beſt authors adviſe blood to be taken away in the beginning of fevers, when there is a ſtrong, quick pulſe, the eyes red and fiery, with great heat and thirſt; but never when they are in the decline, as, from being inflammatory, they are often at this period degenerated into the nervous kind, when the chief of the affair is to be managed by the frequent application of bliſters.

In aſthmatical complaints, if the patient be of a full habit of body.

In coughs, if the pulſe is quick and full, with an oppreſſion at the breaſt, or difficulty in breathing.

In colics, where the pain is violent, the bowels inflamed, and no ſtools.

In fits, if the ſpirits are hurried and overpowered, and the patient full of blood.

In ſwimmings, dizzineſs, and pains of the head.

In ſtitches, and pleuritic diſorders of the ſide and breaſt, particularly if it gives pain to take a deep breath.

In ſore throats, where there is a ſtrong, quick pulſe, and the throat greatly ſwelled and inflamed.

For the piles it is ſometimes thought ſerviceable; as likewiſe in female obſtructions, and frequently in rheumatic complaints; in apoplectic diſorders, a dyſentery or bloody-flux, and irkſome heat of the bowels; for the hooping cough, particularly if of a full habit of body, and the phlegm which is brought up appears ſtreaked with blood; in all which caſes, the quantity taken away muſt be proportioned to the age of the patient, and the violence of the complaint.

Bleeding again is ſometimes directed in large abſceſſes or ſwellings, where the heat and pain is immoderate; for, in theſe caſes, by drawing blood, it is ſuppoſed that the matter is more eaſily and ſpeedily brought to ripen, and, by that means, the body more effectually freed from its diſtempers.

In a word, wherever prevail ſore eyes, ſciatica or hip-gout, a dry huſky cough, an head-ach, pains of the womb or of the bladder, dry gripes, ſtrangury, gravel, pain from the ſtone, violent bleedings of the noſe, ears, or other parts, an inveterate ſcorbutical itch, and the like, opening a vein is eſteemed of peculiar ſervice; but in dropſies, a jaundice, the gout, and all illneſſes occaſioned by a relaxed ſtate of body, an impoveriſhed blood, or too great weakneſs of the veſſels, you muſt ſeek relief from the medicines recommended in this little manual, and not, by an abrupt and prepoſterous uſe of bleeding, increaſe the diſorder, and ruin the health of the patient and your own reputation.

The reader will be pleaſed to underſtand, that what has been ſaid concerning the taking away blood is in conformity to the moſt reſpectable authorities, and the preſent practice. I will now beg leave to add my own opinion, *that it would be happy for mankind if a lancet had never been invented.*

ON THE

APPLICATION OF BLISTERS.

TO the cautions here laid down, with reſpect to bleeding, I ſhall add a word or two concerning the application of bliſters.

The moſt excellent remedy may be proſtituted by an inconſiderate, raſh, and fooliſh practice; which, it is plain, oftentimes happens with regard to bliſters, by ordering them indiſcriminately in all fevers, and without diſtinction in any time of the diſtemper, which can only be the effect of ignorance.

Therefore, before we reſolve on an expedient of this nature, it will be convenient to conſider whether the fever be of the inflammatory or nervous kind; if of the former, inſtead of bliſtering the lancet is generally uſed, and a mild cooling regimen ſet on foot, as already directed; this will moderate the heat of the blood, and, by degrees, reſtore it to its due temper. On the other hand, in fevers of the nervous claſs, where the ſymptoms are quite different, the pulſe being low and weak, the ſpirits almoſt ſpent, and the eyes, inſtead of appearing ſparkling, red and fiery, grown quite dim, we ought, by all means, to make uſe of bliſters, and that freely.

They are oftentimes proper in paralytic and nervous complaints, as likewiſe in rheumatic pains and pleuriſies, in which caſes a bliſter applied immediately upon the part affected frequently affords great relief; and in a variety of other caſes they are of infinite ſervice: but then regard muſt be paid to the ſtate of the patient's blood; for, if a full, quick pulſe, great heat, thirſt, and the other ſymptoms

ſymptoms of an inflammatory fever attend upon the diſorders, the fever muſt firſt be conquered, and afterwards, if neceſſity requires it, let bliſters be applied. Should they cauſe a ſtrangury, which will ſometimes be the caſe, give the patient plentifully of marſh-mallow drink, or barley water with a little gum arabic diſſolved in it; or if there is a purging, which you would wiſh to be ſtopped, of the hartſhorn drink; and this inconvenience will ſoon be remedied.

In regard to the management of bliſters, the plaſter ſhould be ſpread upon a piece of an old glove, and bound on to the part intended; after twenty-four hours, the ſtrength of the flies being pretty well ſpent, you may remove the bliſter, and, if you cannot procure the proper dreſſings, a little Turner's cerate, ſpread upon a piece of fine rag, may ſupply its place.

Should any bliſters appear unbroken, ſnip them with a pair of ſciſſars; if they give violent pain, this may be done when the plaſter has been applied only twelve hours; when, by diſcharging the water, and laying it ſmoothly on again, you eaſe the patient, and give the bliſter an opportunity of acting more effectually.

Thus much has been advanced in conformity to the preſent practice, in which I have endeavoured to aſſiſt the intelligent reader, by familiar language, to form clear ideas of the various diſeaſes treated of in this book. The cure of diſeaſes is certainly a laudable and noble ſtudy. It is a ſcience which dignifies human nature: many important truths have been illuſtrated both by the antients, and ſome modern writers—*yet much remains to be known:* which future experience and accurate obſervation may poſſibly diſcover. Permit me to ſay that, in my humble ſtation, I have reaped the advantage of both; and if a diſtant period ſhould afford me leiſure regularly to digeſt my thoughts upon the curative intention of diſeaſes, I ſhall not heſitate to promulge doctrines, which are, perhaps, at this time not generally underſtood: and if I continue to be ſo happy as to recommend them by a ſucceſsful practice, I hope to live to ſee my opinions generally adopted by medical practitioners, for the good of this country, and the benefit of the world in general.

This Day is alſo Publiſhed, by the ſame AUTHOR,

The SECOND EDITION, Price bound 3 s. 6 d.

LETTERS TO MARRIED WOMEN,

Upon ſeveral important Female Duties, eſpecially thoſe of the Nurſery and Sick Chamber, and concerning aged Parents:

The real Benefits of a Milk Diet are demonſtrated, with particular Cautions to Invalids.

Theſe Letters are principally addreſſed to thoſe Ladies who already have, or are likely to have children, and they will do well to attend to them; as thouſands of little innocents are annually ſacrificed to vulgar errors, which a moment's reflection would explode. Thoſe errors are here expoſed, and a natural and eaſy method of rearing children, approved by experience, is laid down. It neceſſarily follows, that ſuch precautions as are proper for the management of a feeble infant-ſtate, ſhould be equally attended to, when the digeſtive powers are weakened by diſeaſe; and alſo that the ſlow progreſſive ſteps by which we mount into life, are the ſafeſt and beſt paths to deſcend peaceably into the grave.

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FINIS.